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Headline: Dietitian Helps Shipboard Sailors Slim Down
USS ENTERPRISE--There's no quick fix to being overweight, but one person on USS ENTERPRISE (CVN 65) is finding a way to help Sailors lose weight and keep their careers on track.
LT Brenda Adams, MSC, one of only 50 Navy dietitians, was recently temporarily assigned from Naval Medical Center (NMC) Portsmouth, VA, to USS ENTERPRISE to study the effectiveness of a six-month standardized shipboard weight control program.

This is the first time a dietitian has deployed on an aircraft carrier.

The hypothesis of the study is that a standardized, multifaceted lifestyle modification approach to weight loss can be implemented on ships. This approach, Adams feels, will help Sailors comply with weight and physical readiness standards, reduce risk factors for cardiovascular disease, and lower obesity-related expenses to a greater extent than the current command-level remedial program. The study will begin to "benchmark" the treatment of obesity in the Navy by identifying the best approaches to weight loss.

Adams says both the physical readiness and the economic implications of the research are important because of the impact to Navy policy, the health and well-being of its personnel, and the Navy's ability to meet mission requirements.

To implement the study, Adams set up "study" and "control"

groups aboard the ship when it first deployed in June. Her study group receives the treatment they would get under the current program for individuals who are struggling to meet the Navy's fitness and weight standards, but they are also counseled once-a-week by Adams, who provides information on nutrition, eating behaviors, exercise, and stress management. The Sailors in her study group set goals, weigh in weekly and turn in food records. Adams provides them feedback on their food selections.

What makes Adams' study program different is that, in addition to stressing increased physical activity to achieve weight loss and improve health, this program teaches Sailors how to make good food choices. This can be the toughest part of maintaining weight and staying healthy since there's always easy access to the ship's galley, store and "geedunk" machines. Sailors can pretty much eat whatever they want when they want, wherever they want.

"This is where the 'behavior' factors (in the study) will help Sailors choose the right food and do something better for their bodies," said Adams. "It's an area where I think I can help."

By USS ENTERPRISE Public Affairs

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Headline: Diverse Team Joins to Fight for Newborn's Life

Japan--The excitement and joy of expecting their first child turned to trepidation for one Navy couple stationed in Japan recently when during a routine prenatal visit they discovered their baby was in trouble.

The baby's mother went to her regular prenatal appointment at a local civilian clinic, and was sent immediately by her obstetrician to a nearby hospital for further assessment.

"A Navy nurse and translator accompanied me to the hospital where it was determined the baby had fluid around its lungs and in the abdominal cavity, and probably some type of heart anomaly," said the mother.

Physicians at the hospital recommended she have an immediate cesarean section to deliver the baby, but this hospital wasn't able to do the surgery. She was taken to a Navy clinic, where Health Benefits Advisors and CHAMPUS representatives searched swiftly to find a nearby hospital that could perform the procedure since it was deemed too risky to fly to the U.S. Naval Hospital in Okinawa.

Successful in their search, the mother was taken by ambulance to a nearby national hospital, where the baby, a son, was delivered.

Five days after the birth, the new parents learned that their son was born with a serious heart defect and he needed immediate and extensive medical care.

The new family was medevaced to Naval Medical Center (NMC) San Diego on an Air Force C-141 airplane, specially equipped with a mini-intensive care unit complete with ventilator, pumps, suction, monitors, pulse-oxygen meter, baby warmer, and a team of medical experts.

At NMC San Diego, the baby was evaluated by a pediatric

cardiologist and other specialists.

"There are three physicians assigned (to the baby) -- a neonatologist, the senior pediatric resident and an intern," said LCDR Mark Cocalis, MC, the physician overseeing the baby's care. "Someone is always there at the baby's bedside."

The baby will have open chest surgery once a bacterial infection is cleared up. A second surgery to repair the heart will be scheduled for the baby in about four months.

"The doctors and nurses couldn't have been more caring and helpful," said the mother. "They've taken the time to explain the condition, even drawing detailed diagrams so we know exactly what's wrong and what they plan to do to fix him."

In all, dozens of health care professionals and others on two continents teamed up to fight for the baby's life.

"We know the best was done for him," said the mother.

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Headline: Corpsmen Take Care to Flightline

Capodichino, IT--Once the Capodichino Flight Line Aid Station (CFLAS) was only used in case of an aircraft accident on the runway. But by opening its doors to active duty personnel stationed here corpsmen are taking medicine to the flightline and eliminating the need to travel 20 minutes to an hour in traffic to the U.S. Naval Hospital in Naples, IT. Now patients can simply take a short walk to get health care.

The CFLAS is expected to get more patients in the near future with the relocation of a major Navy facility to the airport at Capodichino.

"The Naval Support Activity in Agnano (IT), is being moved (here)," said HM1 Duane Akers, who oversees medical care in Capodichino. "As a result, the increase in personnel creates a demand for more medical services including more health care providers."

The CFLAS provides routine and acute care, routine laboratory work, and some pharmacy services.

Future plans for the Flightline Aid Station include keeping Sailors and Marines ship-shape by offering health promotion classes.

Although the CFLAS has expanded services, it will continue to operate as an aid station in case of a flightline emergency. The Flightline Aid Station also plans to improve customer service by training with the fire department for flight line emergencies.

By Ann Kirby, Bureau of Medicine and Surgery

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Headline: Carrier Doc Helps Rescue Mariner

Off the North Carolina Coast--LT Jennifer Reed, MC, a flight surgeon on USS ROOSEVELT, flew to the rescue of a sailor on a commercial container ship recently, probably saving his life.

While steaming off the coast of North Carolina early this month, the carrier received a distress call from the American flagged ship Sealand Hawaii. Reed took off from the Roosevelt in an H-60 Seahawk helicopter, flying more than 300 miles, before

being lowered by hoist to the deck of ship. There, she found Nelson Rodriguez in shock and bleeding profusely from the throat. Half his blood was lost.

Rodriguez was hoisted aboard the helicopter where Reed, ROOSEVELT's senior medical officer and the battle group's nurse treated the patient as they rushed back to the carrier. By the time they arrived, ROOSEVELT Sailors were already donating blood the injured man needed to survive.

Once he was stabilized, Rodriguez was flown to Oceana (VA) Naval Air Station and then taken to Virginia Beach (VA) General Hospital where he received further treatment.

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Headline: Navy Unit Blockades Environmental Hazards

Taszar, Hungary--Turn on the tap in the U.S. and you can count on potable water. That's not the case in many places in the world, including Hungary, where an eight-member detachment from the U.S. Navy Environmental and Preventive Medicine Unit Seven (NEPMU-7) is now responsible for providing environmental health and sanitation safety for troops deployed with Operation Joint Endeavor, said LCDR Jerry Formisano Jr., MSC, the detachment commander.

The Sailors are responsible for inspecting the dining facilities and the water supply for contamination, as well as assisting the engineers in their efforts to bring water into the area from outside sources.

The unit members have varying training and experience in preventive medicine, disease-carrying insects, and industrial hygiene. The four enlisted member of the detachment, HM2 Constaldo Bush, HM1 Christopher Lemon, HM1 Tamela Harrison, and HMC Andre Speller, are preventive medicine technicians. Formisano said that all were trained in specialized schools. They have all been deployed before and were "hand picked" for the job.

The detachment's insect specialist, LT Steven Rankin, MSC, identifies insect-borne diseases, while Formisano and ENS Dan Goad, MSC, as the team's industrial hygienists, inspect occupational conditions and assess risks that may be a concern for troops. The environmental health officer, LT Jeffrey Bush, inspects the area for sanitary conditions.

Because of the small number of Navy personnel in the area, the detachment's members rarely see fellow Sailors. But the Army has made them feel right at home.

"The (Army) service members at the 67th Combat Support Hospital have welcomed us and worked us into the medical community here. We are developing a close working relationship with them all," said Formisano.

The NEPMU-7 replaced the Army's 71st Preventive Medicine Brigade on August 2.

By Chris Brown, Operation Joint Endeavor

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Headline: Medical Department Celebrates Anniversary

BUMED--John Tyler was President and Able P. Upshur was

Secretary of the Navy when, on 31 August 1842, Congress passed a law establishing five bureaus to run the Navy in place of the three-man Board of Commissioners that was set up decades earlier.

With the passing of this law, the Bureau of Medicine and Surgery was established, and, as a corollary, the Navy's Medical Department.

The Bureau and the Medical Department were charged with the responsibility for "all medicines and medical stores of every description used in the treatment of the sick, the diseased and the wounded, all boxes, vials, and other vessels, containing the same, all diet for the sick, all clothing, beds and bedding for the sick, all surgical instruments of every kind, (and) the management of hospitals, so far as the patients therein are concerned."

Today, 154 years later, the Navy's Medical Department has 29,632 enlisted members, 11,494 officers, 12,618 civilians, and 12,770 Naval Reservists caring for Sailors and Marines and their families.

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Headline: Newport Achieves Perfect Score in JCAHO Survey

Newport, RI--The Joint Commission on Accreditation of Healthcare Organizations (JCAHO) has accredited Naval Hospital (NH) Newport, RI, with a perfect 100 in the "home health care" category and a score of 97 in the "ambulatory care" category.

It was the first time a Navy health care facility was surveyed under JCAHO's new ambulatory care standards.

To assist other health care facilities prepare for health care surveys, NH Newport has opened its door to other activities to provide expertise and "lessons learned."

Formed in 1951, the JCAHO is dedicated to improving the quality of the nation's health care through a voluntary accreditation program.

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Headline: Camp Pendleton Hosts Abuse Symposium

Naval Hospital Pendleton will host the 14th annual Zuska Substance Abuse Symposium on 24-25 October.

Keynote speaker is Dr. Andrew Mecca, director of the California Department of Alcohol and Drugs Program. Other programs include treating nicotine addiction in chemical dependency programs, the clinical value of art therapy and the success of outpatient care. On the second day, a special presentation on gambling addiction will be presented.

The Symposium is at the South Mesa Staff NCO Club on Camp Pendleton. All are welcome, but pre-registration is required. Call NH Camp Pendleton at (619) 725-1561, DSN 365-5102 for more information.

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Headline: TRICARE Question and Answer

The following was submitted to the TRICARE office at the Bureau of Medicine and Surgery via the news TRICARE e-mail hotline.

Question: My family is enrolled in TRICARE Prime in Florida. I will be making a PCS move to a region that doesn't have TRICARE yet. The rest of my family will be staying in Florida. Will they still be able to receive care through their current Primary Care Managers?

Answer: Your family members may remain enrolled in TRICARE Prime, and may continue to receive care from local Primary Care Managers, provided they continue to live in Florida. The fact that you no longer reside with the rest of your family will not affect, in any way, their access to care through the TRICARE Prime program. However, if your family decides to join you for an extended period of time and they require routine health care such as immunizations, they will probably not be authorized care outside of the region in which they are enrolled.

Do you have a TRICARE question? E-mail the Bureau of Medicine and Surgery at tricare@bms200.med.navy.mil.

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Headline: Healthwatch: Put the Brakes on Back Pain

About 80 percent of all Americans will experience back problems some time in their lives. About 30 percent of those people will develop back problems severe enough to keep them from work. But many of these problems can be prevented simply by taking a few precautions.

Here are some tips to keep you on your feet and pain free:

- Do exercises that strengthen your back, leg, and abdominal muscles, such as walking, running, progressive resistance exercises, and weightlifting.
- Sit in straight-backed chairs with firm back support.
- Wear low heeled shoes.
- When lifting, squat close to the object, keep it close to your body, and lift it slowly, letting your legs do the work, not your back.
- Stretch back and leg muscles before and after exercising.
- Sleep on a firm, flat mattress.
- Switch sitting positions frequently.
- When you are standing still, place feet shoulder-width apart and periodically shift your weight from one foot to the other.
- Move objects slowly and smoothly.
- When working on a computer, use a document holder to angle your work and place your computer screen so you can look straight ahead rather than down.
- Keep your weight under control. Extra pounds put a strain on your body, including your back.
- Sleep on your side with your legs bent, a small pillow or pad between your knees, and your hands near your side.
- On long driving trips, pull over regularly for short refreshing walks and stretches.

When leaning forward, try to lean from the hips rather than the waist, keeping neck and back as straight as possible.

- Take a few minutes to walk around the office or do some gentle stretches to relieve muscles tension.
- Use shopping bags with handles instead of balancing bags

on your hips.

- Place your television at, or slightly above, eye level.
- If you experience back pain when lifting, twisting or other movements--STOP!

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Feedback and comments are welcome. Story submissions are encouraged. Contact Jan Davis at e-mail address nmc0jkd@bms200.med.navy.mil, telephone 202/762-3223 (DSN 762-3223), or fax 202/762-3224.